

# Depression

Depression may occur among people with cancer, but it should not be considered “normal.” You can get help to feel better.

## TRY THIS

**Know the signs.** Talk to a doctor if you have negative thoughts or sadness that doesn't go away.

**Be physically active.** Try to at least go for a walk every day.

**Practice self-compassion.** Treat yourself like you would treat a good friend.

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## CHECK THIS OUT

**Visit** the Springboard page on Depression.

<https://smokefree.gov/springboard/stress-mood/depression>

**Learn** more about sadness and depression (<http://go.usa.gov/xaKPH>) and depression and cancer (<http://goo.gl/3txdpN>).

**Take** a depression quiz. <http://go.usa.gov/xaKmC>